

YMCA at HAWC

Summer Session

June 13 to August 21



Check out the inside for highlights on our Cycling classes and Summer youth programs.

Welcome!



About YMCA HAWC:

Our Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial Assistance Available:

The YMCA believes in providing membership and program services to all who desire to participate. The philosophy of the YMCA is not to turn anyone away due to inability to pay.

Contact Kay Nord for information on Strong Kids Scholarships, 920-262-8555.

Facility Hours

Monday-Thursday: 5:00 AM-9:00 PM

Friday: 5:00 AM-8:00 PM

Saturday: 6:00 AM-12:00 PM (June 12 - September 4)

Sunday: 12:00 PM-5:00 PM

Board, Management, & Agencies

Board of Managers

Bill Ehlinger.....Honorary Chair
Greg Schroeder.....President
Todd Scheid.....Vice President
Diane Reinhard.....Secretary

Kevin Kuckkan
Brad Kuenzi
Jerry Vomhoff
Jeanne Wolf
Brad Wehking
Pastor James Werner

Vern Wegner
Pam Sterling
Dave Schroeder
Suzanne Bradow
Mike Nordness

YMCA at HAWC Management Directory

Kay Nord.....Branch Executive Director
Jake Appel.....Service Desk Coordinator
Dawn Liddicoat.....Fitness Coordinator
Missy Parks.....Program Services Coordinator
Kelly Wendorff.....Kid's Area Coordinator

Non-Profit Agencies in the Health and Wellness Center

- Watertown Family Center
- Big Brothers/Big Sisters of Dodge County
- Watertown Area Cares Clinic
- Jefferson County Headstart
- Mary Linsmeier School

Membership

YMCA at HAWC Rates

	Paid-In-Full (PIF) Rate	Monthly (EFT)* Rate	Joining Fee**
Youth & Teen (Birth-19)	\$120	\$10	\$10
Young Adult (20-24)	\$180	\$15	\$10
Adult (25+)	\$420	\$35	\$25
Family File joint tax return	\$612	\$51	\$50
Senior(62+)	\$180	\$15	\$15
Senior Family	\$300	\$25	\$15

***Electronic Funds Transfer (EFT):** Funds are drawn automatically out of a checking or savings account for payment of monthly membership fees. **A 30-day written notice is required to cancel or change any membership.**

****Joining Fee:** A 60-day grace period (after the termination/expiration date) is allowed to rejoin without paying the joining fee after it has been paid in full.

All Joining Fees are due at the time of sign-up.

Please see a Service Desk Representative for any questions about rates and fees.

Association Rates

Join with the Association Rates and have unlimited access to BOTH the YMCA HAWC and the YMCA at Pabst Farms!

	Monthly (EFT) Rate	Joining Fee*
Youth & Teen (Birth-19)	\$29	\$35
Young Adult (20-24)	\$39	\$60
Adult (25+)	\$61	\$120 or \$11/mo. for 12 mo.*
Family File joint tax return	\$80	\$180 or \$16/mo. for 12 mo.*

*New members may choose to pay for Joining Fee through convenient Bank Draft. A \$1/month service charge is included.

Inclusions

Benefits of Membership:

- ◆ Unlimited use of the Watertown facility
- ◆ Core Fitness Classes FREE
- ◆ Use of the YMCA Away Program (Restrictions apply)
- ◆ Youth Room for members ages 8-14
- ◆ Locker rental*
- ◆ FREE Towel Service
- ◆ FREE Orientation to the facility
- ◆ Option to upgrade for unlimited use of the YMCA at Pabst Farms
- ◆ Much, MUCH MORE!!

*Small, additional fees apply. See Service Desk for details.

Parental Policy

Children ages 8 and older may be in the facility without parental supervision. No one under the age of 7 may be unaccompanied without a parent at any time.

Age Requirement for Workout Areas

Children under 13 are prohibited from all workout areas, regardless of parental supervision. For members ages 13-16, a Center Certification is required to access the Weight Room and Cardio Center. To register for a Center Certification, please visit the Service Desk. Access to these areas is prohibited until the Certification is completed.

Guest Daily Fees

Available at the Service Desk upon arrival. Check-in is required.

Adult with a Member: \$6.00

Adult without a Member: \$10.00

Child: \$5.00

Core Fitness Classes

All Core Fitness Classes are **FREE** to Members!

Monday	
5:40-6:30 am	Kickboxing
8:15-9:15 am	Tone & Sculpt
8:20-9:20 am	Cycling Circuit
9:20-9:45 am	Core Express
5:10-6:05 pm	Tone & Sculpt
5:45-6:45 pm	Cycling Circuit
Tuesday	
5:10-5:55 am	Group Cycling
6:00-6:25 am	Core Express
8:15-9:15 am	Tone & Sculpt
5:50-6:50 pm	Kickboxing
Wednesday	
5:40-6:30 am	Kickboxing
8:15-9:15 am	Tone & Sculpt
8:20-9:20 am	Cycling Circuit
9:20-9:45 am	Core Express
5:10-6:05 pm	Powerflex
Thursday	
6:00-6:25 am	Core Express
8:15-9:15 am	Tone & Sculpt
6:00-7:00 pm	Group Cycling
Friday	
8:15-9:15 am	Tone & Sculpt
8:20-9:20 am	Cycling Circuit
9:20-9:45 am	Core Express

Community Participant Class Fees

Punch cards are purchased at the Service Desk. Please have your card punched before each class visit. Punches are non-transferable. Cards expire at the end of each session.

	5 Punch	10 Punch	15 Punch	20 Punch
Summer	\$30	\$60	\$90	\$120

Core Express:

Improve the function and stability of your core with the use of your own body weight, light resistance and foam rollers. Includes full-body flexibility training.

Cycling Circuit:

This all-in-one workout includes cardio training on the bike, resistance training and core conditioning.

Fitness Kickboxing:

A high intensity endurance workout using martial arts and boxing techniques.

Group Cycling:

Your instructor will lead you on the ride of your life with great music and motivation. All fitness levels.

Powerflex:

Rev up your metabolism with this complete training workout for all the major muscle groups using barbells, dumbbells, Bosus, bands and more.

Tone & Sculpt:

Use a variety of fitness tools and light weights to tone or heavier weights to sculpt your entire body.

Saturday

8:15-9:15 am	Powerflex
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YMCA at HAWC Spotlight: Cycling



YMCA at HAWC Cycling Instructors (from left to right):
Joan Wilson, Kelly Wendorff and Jenny Meyers

YMCA at HAWC offers indoor group and circuit cycling classes that are included in the membership. Community participants may take the classes by purchasing a punch card. The cycling instructors have special training to give you a great workout on the bike each and every class.

YMCA at HAWC Cycling Instructors:

Joan Wilson is Kaiser Cycling certified, has taken continuing education courses in cycling and in April attended the Schwinn Indoor Cycling training course.

Kelly Wendorff is a certified Spinning Instructor. She has a background in personal training and a B.S. in Fitness Management. She is also currently the Kids Area Coordinator.

Jenny Meyers is a group certified instructor and has taken continuing education courses in a variety of specialties including the Schwinn Indoor Cycling training course.



Personal Training

Individual Training: Includes initial assessment based on your fitness goals. Each session is 55 minutes.

Fees: Member - \$35 per session
Community - \$45 per session

Small Group Training: 10 training sessions for 2 to 5 people.

Fees: Member - \$150 per person
Community - \$180 per person

Program Design: Includes initial assessment and an individualized program to do on your own.

Fees: Member - \$35
Community - \$45

Complete Fitness Assessment: Includes a 7-point fat caliper test, cardiovascular, muscular strength, muscular endurance and flexibility testing.

Fees: Member - \$50
Community - \$75

For more information or to sign-up for Personal Training please stop at the Service Desk.

Body Fat Testing (Free to Members)

Healthy Weight, Body Mass Index and Body Fat composition are ways to measure your overall health & fitness level. Find out what is normal for your age and height and what Body Fat percentage you are currently at.

Location: Weight Room

Dates/Times:

Friday, June 4 (6:30-7:30 am)
Thursday, July 8 (6:00-7:00 pm)
Monday, August 2 (8:00-9:00 am)

Fees: Free to Members; \$5 for Community Participants



YMCA at HAWCproudly hosts the SilverSneakers Fitness Program!
This program is **FREE** to Members!

No registration is required for members.

Community Participants may purchase a punch card at the Service desk for \$15 for 12 class visits.

Muscle, Strength, & Range of Motion

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility - helping you stay healthy and independent.

Days: Monday/Wednesday

Times: 9:30-10:30 AM

Specialty Fitness & Programs

Member Specialty Class Fees

Members must register for specialty classes at the Service Desk prior to each session. When registering, you must choose specific class days and times.

Community Participant Specialty Class Fees

Punch cards are purchased at the Service Desk. You are required to register for specific days and times prior to each session. Please have your card punched before each class visit. Punches are non-transferable. Cards expire at the end of each session.

Boot Camp (Aerobic Studio/Outside)

A high-intensity fusion of strength and endurance intervals to get you out of your comfort zone and help you reach a fitness level you never thought possible!

Monday/Wednesday.....6:15-7:15 pm

One Class/Week:\$38 Member / \$75 Community Participant

Two Classes/Week:....\$75 Member / \$150 Community Participant

Pilates (Mind/Body Studio)

STOTT PILATES® is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. STOTT PILATES® incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and athletic performance enhancement.

Tuesday.....8:30-9:30 am....Pilates Essentials

Thursday....5:30-6:30 pm....Intro to Pilates

Thursday....6:30-7:30 pm....Pilates Essentials

One Class/Week:\$43 Member / \$85 Community Participant

Two Classes/Week:....\$85 Member / \$170 Community Participant

Martial Arts (Wellness Wing)

Now is the time to get started with Martial Arts. Our Martial Arts program is a Tae Kwon Do and Hapkido curriculum for any level. Learn boxing, grappling, and much more. Advance by earning belt levels right here at the HAWC. Adult Martial Arts is great for overall fitness, flexibility, and toning too.

Youth Martial Arts

Days:

Mondays & Wednesdays

Time:

6:00-7:00 pm All Youth belts

Fees:

Member: \$75

Community: \$95

Adult Martial Arts

Days:

Mondays & Wednesdays

Time:

7:00 - 8:00 pm All Adult Belts

Fees:

Member: \$95

Community: \$115

Youth Programming

YMCA at HAWC Youth Room (Ages 8-14)

Free to youth members of HAWC!

Youth Room Hours: Monday - Thursday.....5:00-8:00 PM

Come and be a kid in our spacious, fun, and engaging room. We have plenty to keep you active and entertained. Use the computer or play our 3-in-1 arcade game, work on your dodge ball, bowling, or air hockey skills. Stay fit by flying through an obstacle course or race your friend on a scooter. We have the tools to enhance your health and well-being while having a great time!

Did you know we have three different video game systems with an assortment of games?

- **Playstation II:** Including *Guitar Hero* and *Dance, Dance Revolution*.
- **Nintendo Wii:** With *Wii Sports*, *Wii Play*, *Family Circus*, *Lego Star Wars* and *Namco Games*.
- **Go Go TV:** Interactive system for our younger audiences, including *Wack-a-Mole*, *Flashcard Fishing*, *Break a Brick*, *Balloon Juggling*, and *Penguin Maze*.

Community Participants may use the Youth Room with purchase of Daily Guest Fee.

Kids' Korner (Ages 6 Weeks to 7 Years)

Kids' Korner is short-term, semi-structured drop-in childcare. This service is for members and community participants who would like to exercise know their children are well taken care of and having a great time. Our loving and energetic staff will aid them in coloring, play dough, puzzles, blocks, reading times, music and much more! Plus, there are too many toys to mention for your little ones to enjoy. Registration is required prior to each session. Rates are below for Summer Session, 2010.

Kid's Korner Hours:

Monday - Friday.....8:00 AM - 11:00 AM

Monday - Thursday.....5:00 PM - 8:00 PM

Saturday.....8:00 AM - 10:00 AM

Kids' Korner Rates	Session: 1st Child	Session: All Additional	Visit: 1st Child	Visit: Each Additional
Summer Member (10 weeks)	\$55	\$10	\$3.00	\$.75
Summer Community (10 weeks)	\$72	\$12	\$4.00	\$.75

Youth Programs for Summer (Registration Deadline- Thursday, June 10):

Ages 3-10

Parent's Night Out

Need a date night? Bring your children to Kids Korner on these Fridays for a night of fun for them and relaxation for you. We'll have special events planned and provide supper!

Dates: Friday, July 9th

Friday, August 13th

Time: 5:00-8:00 PM

Fees: Member: \$10, 1st Child
\$5, Each additional
Community: \$15, 1st Child
\$8, Each additional

Ages 8-16

Friday Night Open Volleyball

For fun or working on developing your skills. You will have a chance to meet new friends or bring your own for a friendly game of volleyball.

Times:

4:00 - 5:00 PM (Ages 8 to 12)

5:00 - 6:00 PM (Ages 13 to 16)

Free for Members

Community Participants need to pay daily guest fee

Youth Programming

Ages 4-6

Preschool Pirate Picnic

Ahoy all Buccaneers aged 4-6! Give your son an eye patch and a cardboard sword. We'll use our imagination and go sail the ocean blue on our pirate ship. A picnic lunch will be provided. We'll have to find the hidden treasure before we're forced to walk the plank.

Wednesday, July 14 (11:30 am - 12:30 pm) and/or

Wednesday, August 18 (11:30 am - 12:30 pm)

Location: Meet at the YMCA at HAWC and walk to Washington Park: 635 S 12th Street.

(Alternate location if it rains: Youth Room)

Fees:

Member: \$3 first child, \$2 each additional

Community: \$5 first child, \$3 each additional

Ages 4-6

Preschool Princess Picnic

All girls ages 4-6 are invited to attend our Princess Picnic. Have your daughter come dressed as her favorite princess and she will be able to accessorize when she arrives. A picnic lunch will be provided. The hour will be filled with all things royal which will conclude with a hunt to find the Queen's missing jewels

Wednesday, June 23 (11:30 am - 12:30 pm) and/or

Wednesday, August 11 (11:30 am - 12:30 pm)

Location: Meet at the YMCA at HAWC and walk to Washington Park: 635 S 12th Street.

(Alternate location if it rains: Youth Room)

Fee (for one date):

Member: \$3 first child, \$2 each additional

Community: \$5 first child, \$3 each additional

Ages 10-14

Girls' Summer Slumber Party

(Minimum 12, Maximum 20)

Calling all girls ages 10-14! The party starts when the lights go out! This night will be fantastic fun filled with games, conversations, food, crafts, exercise and much more!

Registration deadline is June 10th

Sunday, June 13th at 7:00 pm —

Monday, June 14 7:00 am

Location: Youth Room, Gymnasium, Aerobics Studio and Wellness Wing

Fees:

Member: \$15 first child, \$5 each additional

Community: \$20 first child, \$5 each additional



Grades K-3

Youth Football League

Play Flag Football at YMCA at HAWC this fall! We offer leagues for boys and girls grades K-3. At the YMCA at HAWC we focus on teamwork, skill development and having fun! We also make sure that your child gets an equal opportunity to play in every game!

Game Dates: September 18 - October 23

Super Bowl Saturday— October 30

All games played on Saturday Afternoons at Riverside Middle School

Fees: \$28 Members

\$44 Community Participants

Registration Deadline: Tuesday, September 7



YMCA at HAWC

415 South Eighth St.

Watertown, WI 53094

(920) 262-8555

www.hawcfitness.com

Members can register NOW for Summer Session!

Important Summer Dates:

- ♦ **June 1: Summer Community Participant Class Registration Begins**
- ♦ **June 12: Start of Summer Saturday hours**
- ♦ **July 3 & 4: CLOSED for Independence Holiday Weekend**